262 [264] [782] where cooked food is sold, or at ceremonial gatherings when there is generally more meat present in the food, due to the practice of killing a goat or a sheep at almost all periodic religious ceremonies and rites de passage. Rice, wheat, guinea-corn, maize, boiled roots and leaves, squashes, cucumber, tomatoes, okra, groundnuts, milk, chicken, butter, cooked meats, and millet beer brewed by pagans are also periodic but small additions to the normal peasant diet.(1)

511 In the survey sample the average amount consumed per day per capita was 1.24 zaka(2) with almost the entire range (except for two cases) running from one to one and a half zaka per person. Using the zaka as roughly 1.6 lbs. of millet (it varies in size during the year) this means that for the most part the rural peasant eats 1.6 to 2.4 [435] lbs. of millet per day with a mean intake of 1.9 lbs. per person. The price of millet in Magumeri (1955-57) varied from 22/- to 20/- per bag (120 zaka), but remained for long periods at 25/- per bag. It follows then that for the period 1955-57 the average rural household of 3.9 (from the sample survey) or roughly four persons, required at least twenty-five bags of millet per year or about thirty-one pounds sterling in cash value at the prevailing market prices, as a minimum subsistence amount for their millet needs.

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[146] (1) From tests done in other sections of Northern Nigeria, it is estimated that the average peasant diet in the region as a whole, varies between 2400-2900 calories per day, with a general deficiency in proteins and vitamins, see Nicol, B.C., Nutrition in Nigeria, British Journal of Nutrition, Vol. 3 (1943) 25-43.

[804] (2) This was corroborated in the budget data. A zaka is a small gourd which is used as the standard measure in buying and selling small quahtities of grain, beans and nuts. Four zaka equal one darum (a medium-sized calabash); four darum equal one sa (a large calabash), and there are 7.5 to 7.8 sa per buhu or large bag of grain, beans or nuts, i.e. about 120 zaka per buhu. Zaka of millet were weighed, measured and averaged to obtain English equivalents.

511 and services at current Bornu prices, which a family needed to occupy a normal place in the culture during 1956-57. In America, the average rural family requires about fifteen to twenty times as much in cash values at North American prices. Or put another way, the Kanuri peasant family has relatively few wants; food, clothing, shelter, tools, entertainments, cosmetics, ceremonials, some form of status in the community, self respect, are perhaps the major components of Kanuri socio-economic life. In comparison, an American wants a multitude of government services, schools, electricity, protection against foreign aggression, old age pensions, unemployment insurance etc., regular holidays, job security, and a host of other items which the Kanuri are not aware of yet, but which seem like necessities to North Americans.

It should also be noted that the Kanuri, although backward materially, are not at all faced with the hardships presented to the people of the overpopulated regions of the world. Thus in India, caloric intake per capita is estimated to be 24.4% below a calculated requirement of 2250 per day. As we have seen, the Kanuri are not generally underfed, although there is a seasonal variation in food supply, and their diet lacks certain nutrient requirements in vitamins and protein.

[146]

434 The consumption data should not be construed to suggest that because 76% of Kanuri consumption is for food and clothing, it follows then that the Kanuri are inordinately interested in these items. This statistic only demonstrates again the low level of economic development in the area. For given higher incomes the proportion of total income taken up by food and clothing will decrease, as it does today among the upper classes. To the Kanuri higher income means more food and clothing, but it also means much more expensive ceremonials, better housing, and above all more subordinates who are partially supported by the